



# Pentagram

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*Photos by Sgt. Nicholas T. Holmes*

Before firing, Soldiers with the Presidential Salute Battery, 3d U.S. Infantry Regiment (The Old Guard), prepare M5, 75mm antitank cannons on JBM-HH's Whipple Field May 31. The event marked the 153rd Memorial Day Observance, honoring the nations' fallen heroes. The PSB, founded in 1953, regularly fires these cannons in honor of the president of the United States, visiting foreign dignitaries and official guests of the United States.

## The Old Guard provides ceremonial duties for joint base, ANC

### Compiled by JBM-HH PAO

As the premier ceremonial unit for the Army, the 3d U.S. Infantry Regiment (The Old Guard) supports events daily. These events also include weekends at Joint Base Myer-Henderson Hall, Arlington National Cemetery, the White House, on the grounds of the U.S. Capitol, the National Mall and in and around the National Capital Region — upwards of 40 ceremonies/events a month during normal times.

Ceremonies include events for the president of the United States, official state visits by leaders from other countries, and senior leader change of commands, retirements and promotion ceremonies. Other ceremonies include special annual events such as Twilight Tattoos, the 1812 Overture concert and 4th of July, Memorial Day, Veterans Day events and funerals at Arlington National Cemetery. The cemetery holds about of 30 funerals a day.

The Presidential Salute Battery conducts blank fire drills and ceremony honors using its 75 mm cannons. The Old Guard also has rifle teams who conduct the 21-gun salutes during funerals in Arlington National Cemetery and at

ceremonies and special events on base. There are nine funeral teams, and the rifle teams have to train between the hours of 9 a.m. and 5 p.m. Monday through Friday — unless they are performing funerals. These teams must maintain proficiency and perfection, which means they need constant training through drills, which is required throughout the year.

The Old Guards' ceremonial duties stopped last year due to the pandemic, but now that Virginia, Washington and Maryland are opening up, the ceremonies have begun and the drills are necessary.

In an effort to communicate this information to the joint base neighbors, the JBM-HH Public Affairs Office will send notice to the presidents of the civic associations, that surround the joint base, of special events set to take place outside of the regular work hours on the



Before firing, Soldiers with the Presidential Salute Battery, 3d U.S. Infantry Regiment (The Old Guard), prepare M5, 75 mm antitank cannons.

base — 7 a.m. to 5 p.m. — where blank gun shots will be heard.

For more information, individuals can follow the joint base's online platforms such as Facebook and Twitter for the latest community notices, including traffic and noise alerts.





Photo by Marine Corps Heritage Foundation

The Marine Corps Heritage Foundation announced the return of the annual Summer Concert Series at the National Museum of the Marine Corps in Triangle, Virginia, July 8, 22 and Aug. 26.

# Summer concert series returns to National Museum of the Marine Corps

## By Marine Corps Heritage Foundation

The Marine Corps Heritage Foundation announced the return of the annual Summer Concert Series at the National Museum of the Marine Corps in Triangle, Virginia.

The series will feature three military bands performing American hits and patriotic classics, each in their own style. The free performances will be held at 7 p.m. July 8 and 22 and Aug. 26, outdoors on the grand entry plaza, weather permitting.

The series kicks off July 8 with a performance by the Quantico Marine Corps Band, one of the oldest professional musical ensembles in the Marine Corps. The band has entertained audiences young and old, everywhere from the Super Bowl to the Macy's Thanksgiving

Day Parade and more. With a variety of music pieces from classic to contemporary, the band had something for everyone.

On July 22, the United States Navy Band's Country Current will perform. As the Navy's premiere country-bluegrass ensemble, Country Current combines modern country music with cutting-edge bluegrass to produce an exciting and unique style of music. Country Current is nationally renowned for its highly entertaining performances, employing seven musicians from diverse backgrounds, each skilled on multiple instruments, including the banjo, electric guitar, mandolin, fiddle, electric bass, pedal steel guitar and drums. The band has performed for a variety of U.S. presidents including Jimmy Carter, George H.W. Bush, Bill Clinton, George W. Bush, Barack Obama and

Donald Trump.

Capping off the series Aug. 26, the premier wind ensemble of the Navy, the United States Navy Concert Band, will perform. The original ensemble of the Navy Band, the concert band presents a wide variety of marches, patriotic selections, orchestral transcriptions and modern wind ensemble repertoire.

Guests are encouraged to bring lawn chairs or picnic blankets. Concessions will be available and the museum, Store and Tun Tavern (last seating at 6:15 p.m.) will remain open until the concerts begin at 7 p.m. Admission and parking are free for all shows.

For more information on the Marine Corps Heritage Foundation's Summer Concert Series and other summer programming, visit [marine-heritage.org/eventcalendar-368789](http://marine-heritage.org/eventcalendar-368789).

Our values, always

HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP

## Pentagram



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## US Drill Team performs at Alamo



Photos courtesy of The Old Guard

The U.S. Army Drill Team performs at the Alamo in San Antonio Tuesday. Army Day at the Alamo takes place in downtown San Antonio. It is one of the celebrations of Fiesta 2021, a 10-day event honoring those who fought and won the battles of the Alamo and San Jacinto.





# Study estimates sexual assault, harassment risk across Army installations, units, occupational specialties

By Army Resilience Directorate

A new report on the risk of sexual assault and sexual harassment across the Army will help leaders better implement tailored prevention programs for Soldiers serving in specific units and job functions, Army officials said Friday.

The report, commissioned by the Army in 2017, was compiled by RAND from Department of Defense data gathered from surveys of Army Soldiers from 2014 to 2018 and provides leaders with more information to understand how installations, units and even military occupational specialties affects the risk a Soldier faces from sexual harassment and sexual assault.

The findings are vital for the Army to determine where and how to provide training, prevention and response to locations and career fields where they may have the greatest effect — where total risk of sexual assault is high and where large numbers of personnel are stationed.

“The Army is committed to learning as much as possible about individual and organizational factors that contribute to risk of sexual assault and other harmful behaviors,” said Dr. James A. Helis, director of the Army Resilience Directorate. “This study sheds light on the environmental and occupational factors that contribute to the risk of sexual assault and sexual harassment for our Soldiers and, in turn, will help inform future prevention and response efforts.

“We continually assess the Army’s Sexual Harassment/Assault Response and Prevention programs and initiatives to determine how to provide the highest quality results for our Soldiers, Army civilians and Family members.”

In the past year, the Army has implemented reviews and initiatives that aim to improve sexual violence prevention, response, investigative and accountability efforts, such as the Fort Hood Inde-



pendent Review Commission and the People First Task Force. These initiatives aim to create changes that, in addition to the Secretary of Defense 90-Day Independent Review Commission on Sexual Assault in the Military, will cultivate prevention-focused climates of cohesion, dignity, respect and inclusion, according to Helis.

The Army announced the creation of the PFTF in December 2020 to plan the Army’s implementation of the findings and recommendations from the FHIRC. While the FHIRC report focused on the command climate and culture at Fort Hood, the findings affect matters relevant to the entire Army and its more than 1 million Soldiers. The Army is taking action to implement each of the FHIRC report’s 70 recommendations and is in the process of restructuring the U.S. Army Criminal Investigation Command and redesigning the SHARP program.

The Army recently implemented measures to better protect and inform victims of sexual harassment and sexual assault. A new Army directive improves the issuance of military protective orders

for sexual assault victims, clarifies the timeline for updating victims about the status of their cases, and changes the investigative process for sexual harassment complaints to move the investigating officer outside of the brigade-sized unit where the subject of the investigation is assigned.

The Department of Defense Office of People Analytics is slated to field the next WGRA and Reserve components surveys this summer. This information will provide a more current assessment of the Army’s progress in preventing sexual harassment, sexual assault and associated retaliation.

The RAND report, results of the PFTF and IRC, and the 2021 WGRA data aim to help inform Army prevention and response strategy. The results will also provide commanders with actionable information to tailor local-level initiatives for their units, installations or missions, according to Helis.

As part of the RAND study, researchers analyzed survey data from the 2016 and 2018 Workplace and Gender Relations Survey of Active Duty Personnel, the

2014 RAND Military Workplace Study and administrative and personnel data. The WGRA is the Department of Defense’s official survey to estimate sexual assault prevalence in the military.

The Army is working with RAND Arroyo Center to translate findings from this report into specific installation and unit risk reports, to equip commanders to more effectively combat sexual assault and harassment.

“These unit and installation sexual assault and harassment risk reports should be ready in July,” said Dr. Jenna Newman, social science advisor at ARD and the Army’s project lead for the study.

“The Army is also further engaging with RAND to conduct follow-on projects that will provide additional actionable information about risk of sexual harm and gender discrimination across the Army, including the characteristics of these enduring issues and further details around where risk is highest and lowest across the Army, and why.”



## Fort Myer U.S. Army Warrant Officer Briefings

The U.S. Army Warrant Officer Recruiting Team will be in your area to conduct briefings on qualification and application procedures to become an Army Warrant Officer.

### Briefing Information

Every 2nd & 4th Thursday of the month at 1 p.m. at Fort Myer Education Center Room 110

\*Briefings are subject to change, call prior to attending to ensure that the event is still occurring as scheduled.

### Contact Information

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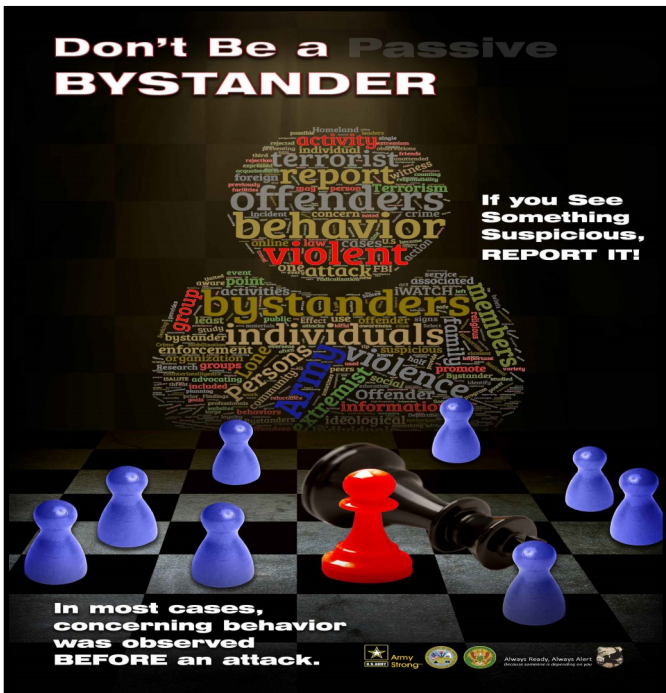
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**Virtual play morning**

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

**Baby bundles**

Baby bundles, which is available by request, prepares the home and relationship for the

changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.

**ACS YouTube channel**

JBM-HH Army Community Service has

announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOlQkg>. and click “Subscribe” and continue to receive resources available whenever.

# Joint Base Myer-Henderson Hall Patton Hall Pool Complex DFMWR update regarding opening delays

**Chemical Testing**

Last week, the 25-meter pool did not pass the chlorine test; however, the 50-yard pool passed all tests. We were able to get the swim team in to start practicing in the 50-yard pool because they provide their own lifeguards for their training sessions.

**Lifeguard Status**

Last week, the contractor informed the DFMWR that they were in the process of training and certifying lifeguards, but wouldn’t have any available to support the pool until Friday, Saturday and Sunday to accommodate just the 50-yard pool. Regardless of whether the 25-meter pool passes inspection this week, we will not have enough lifeguards on duty to cover both pools until Monday, June 28 at the earliest.

**Federal Holiday**

The news of the federal holiday announcement came late Thursday afternoon and all government operations were shutting down. Since we did not have enough lifeguards to open to the public Friday, June 18, it was decided that we would postpone the opening until Friday as long as the contractor could provide enough lifeguards. We are told that he will have enough beginning Friday through the weekend to cover the 50-yard pool.

**HPCON Levels**

We continue to be at HPCON B right now, which limits us to special restrictions in the pool, on the deck and a maximum of only two pools to be in operation. We are prepping the figure-8 pool and will begin the inspection process this week to have it ready within the next two weeks if it passes inspections; so that we can immediately expand our operations to three pools if we go to HPCON A in the future.

**Pool Hours**

On Friday, June 25, the 50-yard pool will open at noon. After that, the pool/s will be open daily from 11 a.m. to 8 p.m. until Labor Day, Sept. 6. There will not be an extension of the season as most lifeguards are students and the contractor loses them after Labor Day. Also, the agreed upon contract ends after Labor Day.

# Eclipse creates diamond blemishes

By Retired Chaplain (Brig. Gen.) Ray Bailey  
Former Deputy Chief of Chaplains

Where were you Aug. 21, 2017? I was in Tennessee at the time standing in my driveway as I viewed the eclipse of the sun. It was so eerie but yet spectacular. Just at the last few seconds of the eclipse when the moon blocked out the sun, there was a dazzling bright shining of light from the edge. This was called the Baily's beads effect (no relationship) or diamond ring effect as a feature of total and annular solar eclipses. As the moon covers the Sun during a solar eclipse, the rugged topography of the lunar limb allows beads of sunlight to shine through in some places while not in others.

There are layers of gas that embody the air we breathe. These layers protect us from cosmic bombardment. Each night our Earth is pummeled by more than 5,000 bits of space debris of all sizes. Only a few will make it to the ground before burning up by friction.

Blemishes and irregularities aren't something I like to show off. I tend to hide them under my clothes, if possible, and definitely, I don't like talking about them. I don't want anyone to know I've been hurt, damaged and especially that I'm not per-

fect. My imperfections are hidden as best I can. I wish I had an atmosphere, but we are like the moon. There is no protection from flying space objects impacting its surface. The result



is millions of scars and blemishes dotting its surface. But, during the eclipse, these very blemishes and scars create the diamond ring

effect. If it weren't for the irregularities and imperfections, there would not be a beautiful diamond effect for others to enjoy.

I'm not crazy about enjoying the bombardment of life's challenges onto my life. It leaves blemishes, scars and imperfections. But, the truth is that the blemishes in my life create the condition of spectacular wonder and beauty. The spirit of joy, perseverance and awe shine through. All because of my blemishes. Today, look at your life and let your imperfections be a message of living and thriving. You earned the scares. Let them shine through.

JBM-HH Vacation Bible School

The Joint Base Myer-Henderson Hall virtual Ecumenical Vacation Bible School will be held July 26 through 30 from 9:30 to 11:30 a.m. Children will be able to embark on an epic quest through hidden ruins, ancient caves and dense jungles. At Treasured VBS, kids dig into action-packed, faith-filled adventures. They'll discover God's greatest treasure isn't diamonds, gems or gold — it's them. For more information, please visit <https://vbspro.events/p/events/jbmhh21>, the JBM-HH RSO at [usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil](mailto:usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil), or call (703) 696-7671.

JBM-HH Religious Services are on a weekly basis at Memorial Chapel. To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhrrso> or email the Religious Support Office at [usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil](mailto:usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil). Services are subject to cancellation in the event of inclement weather.

Catholic Mass  
Protestant Service  
Gospel Service  
Samoan Service

Saturday at 5 p.m. and Sunday at 8:30 a.m.  
Sunday at 10:30 a.m.  
Sunday at 12:30 p.m.  
Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass  
General Protestant  
Gospel Service

8:30 a.m.  
10:30 a.m.  
12:30 p.m.

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at [saralyn.astrow.ctr@mail.mil](mailto:saralyn.astrow.ctr@mail.mil) or phone at (703) 806-3393.

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Photo by Scott Sturkol

Construction of a new multimillion dollar transient troop training barracks at Fort McCoy, Wisconsin, June 2.

# Officials detail DOD efforts to improve housing, climate resilience, energy efficiency

By David Vergun  
**DOD News**

Military installations are a vital aspect of readiness. They afford the Defense Department important power projection capabilities, especially in today’s world where the U.S. is no longer a sanctuary, the official performing the duties of the assistant secretary of defense for sustainment said.

“Therefore, we must ensure that our installations are not only postured to support the joint force, but they are resilient against the full range of manmade and natural threats,” Paul D. Cramer said, testifying Tuesday at a Senate Appropriations Committee hearing on the fiscal year 2022 military construction/family housing budget request.

“The budget request supports efforts to address mission requirements, ensure service members and their Families have a safe and resilient place to live and work

and also begins to address resiliency challenges.”

The department is requesting \$26.1 billion in funding for military construction, sustainment, restoration and modernization to address critical mission requirements and life, health and safety concerns, Cramer said.

Cramer explained that this “funding will be used to replace, repair and modernize facilities to enhance their resilience to climate events and promote elimination of excess or obsolete facilities.”

“Extreme weather events are already costing billions of dollars, and those costs are likely to increase,” Cramer said.

In response to Executive Order 14008 of Jan. 2, which places the climate crisis at the forefront of foreign policy and national security planning, the department has been developing the DOD Climate Adaptation Plan, which will be finalized later this month, he said.

**The plan identifies five key**

**lines of effort, he said.**

- Develop a climate-informed decision making process.
- Train, test and equip a climate ready force.
- Build a natural infrastructure.
- Promote supply chain resilience and innovation.
- Enhance adaptation and resilience through collaboration.

“We are also committed to protecting the quality of life for our personnel and Families,” he said. “Our primary focus here is ensuring access to safe, high quality, affordable family and unaccompanied housing.”

As such, the budget includes \$1.4 billion to fund construction, operation, and maintenance of the DOD’s worldwide nonprivatized family housing inventory, which includes more than 34,000 government owned and 5,800 leased units, he said.

This request also includes \$477 million for eight unaccompanied housing construction projects,

Cramer added.

“The department continues to prioritize Military Housing Privatization Initiative reform actions that will improve the tenant experience and rebuild tenant trust,” he said, adding that to include full implementation of the Tenant Bill of Rights at all privatized housing projects.

Cramer pointed out that the department is moving forward on implementing energy resilience and efficiency efforts. The budget contains \$4.4 billion in energy investments. That includes approximately \$287 million for the Energy Resilience and Conservation Investment Program.

The ERCIP is a subset of the defense-wide military construction program that funds projects to increase resilience, save energy or water, produce energy or reduce the cost of energy. It also supports construction of new, high-efficiency energy systems and modernization of existing ones.



# LET FREEDOM RING

Independence Day Virtual Celebration



## Independence Day Concert

On the eve of this special holiday weekend, Pershing's Own shares a virtual birthday greeting to celebrate the return of some of our personal freedoms and the tenets upon which our country was forged.

**Thu / Jul 1 / 4 pm**



# Defense, state agree: Diversity, inclusion important for mission success

By C. Todd Lopez  
**DOD News**

Diversity and inclusion are as important to the State Department’s ability to conduct diplomacy as they are to the Defense Department’s ability to defend the nation.

At a town hall meeting at the Pentagon for the department’s industrial policy community, Stacy A. Cummings, who is performing the duties of undersecretary of defense for acquisition and sustainment, met with Ambassador Gina Abercrombie-Winstanley, the chief diversity and inclusion officer at the State Department, to discuss the importance of diversity and inclusion in the success of their respective agencies.

“The (secretary of defense) looks at the department, leading through values,” Cummings said. “And diversity, equity and inclusion are part of our values as a country and our values as a department,” Cummings said. “His intention is that we incorporate that into our work and everything that we do. It is a strategic imperative, and it’s critical to mission success and accomplishment that diversity and inclusion are included in our strategies.”

Cummings said leaders across the Defense Department have been challenged by Secretary of Defense Lloyd J. Austin III to leverage the

strength of the total force, including military personnel, civilians and in the acquisition and sustainment community, industry partners as well.

“The way that I personally think about diversity and inclusion is from the perspective of competing for talent,” Cummings said. “In order for us ... to get the best possible capability, we need to have a structure and an environment that incorporates the totality of the United States of America as well as the capabilities of our allies and partners. And if we want to get the best skills, the best capability, the best thought, the best innovation, the only way for us to do that is to encourage everyone to want to compete to be part of our team.”

When diversity and inclusion are at the forefront of defense leaders’ decision-making, Cummings said, the best people will come forward to be part of not just the A&S team, but also to be a part of the teams that make up the industry partners who provide capabilities for warfighters. Diverse teams, she said, create diverse ideas that are more capable of providing the department with what it needs to keep the nation safe.

Those diverse ideas, she said, answer the call for the innovation and modernization at the center of the president’s interim national security strategy.

“It is very strongly focused on bringing in innovation and modernization in a way that’s affordable so that we can balance innovation and modernization with sustainment or continued current readiness,” she said. “And the only way we’re going to do that is if we bring in new ideas, and if we bring in new thoughts and technologies.”

Ensuring those diverse new ideas come into the department is only possible, she said, if there is an environment within the department itself that invites it in.

“We can only do that when we create an environment that’s open for everyone to have ... not just a seat at the table, but a voice — and actually be able to share their thoughts,” she said.

Abercrombie-Winstanley said that at the State Department, she’s now working to do much the same — bringing in diverse talent to strengthen the ability of her own agency to conduct its diplomatic mission.

“Our biggest challenge, we know, is the system. Many people in our organization do not believe that our system will serve them well, either that they are equally valued have the same access to assignments that lead to promotion, that lead to retention. And that is where the Department of State struggles most — not with recruiting, but with retention.”

In much the same way that diversity and inclusion can bring a broader range of ideas to the Defense Department’s acquisition and sustainment community, which translates to better capability for the warfighter, Abercrombie-Winstanley said diversity and inclusion would strengthen the State Department’s ability to conduct diplomacy on behalf of the nation.

“The secretary was clear ... we are doing this not just because it’s the right thing to do, but because it’s going to make our work better,” Abercrombie-Winstanley said. “Anyone knows if you got a group of people trying to resolve a problem, the wider array of backgrounds and perspectives that you have at the table are going to give you a wider array of options and recommendations for resolving the issues or the challenges before you.”

That wider array of backgrounds, perspectives and experiences, Abercrombie-Winstanley said, will help the State Department the way it helps the Defense Department.

“People who come from the region, or have lived experiences in the region, the way of thinking, perspective, culture — all of those things brought to bear are going to help us with our foreign policy,” she said. “So that’s our bottom line there.”



Photo by Pvt. Brooke Davis

Weapons systems such as the M1A2 Abrams tank are procured by members of the defense acquisition and sustainment community. Defense leaders have said increased diversity and inclusion will bring a broader range of ideas to the department, including within the acquisition and sustainment community that will ultimately better serve the warfighters with better systems and capabilities.



## Concerts On Vienna Town Green

### The U.S. Army Blues Swamp Rump

The U.S. Army Blues Swamp Rump will perform as a part of the 'Summer on the Green' concert series.

Fri / Jul 9 / 6:30 pm





Photo by Airman 1st Class Kaitlyn Ergish

Senior Airman Thomas McMurray with the 387th Expeditionary Support Squadron Force Protection prepares to perform a bench press at Al Mubarak Air Base, Kuwait, May 13. McMurray has competed in two weight-lifting competitions since deploying in Kuwait, placing first with an overall score of 1,800 pounds.

# Hernias: What every service member should know

By Janet Aker  
MHS Communications

This June, the Military Health System celebrates National Men’s Health Month, and sheds light on a variety of medical areas that primarily affect men.

June is also Hernia Awareness Month. According to the National Institutes of Health, men are eight to 10 times more likely than women to develop inguinal hernias.

So, what is a hernia? And what do individuals need to know about diagnosing, treating and preventing hernias?

An individual’s abdomen is covered in layers of muscle and strong tissue that help him or her move and protect internal organs. A hernia is a weakness or defect in this muscle wall that allows internal organs or fat to protrude through the abdominal wall causing a bulge, explained Navy Cmdr. (Dr.) Jesse Bandle, vice chairman, Department of General Surgery, Naval Medical Readiness and Training Command in San Diego.

“The most common hernias occur near areas where blood vessels or other structures naturally penetrate, or have penetrated the abdominal wall,” Bandle said, such as the umbilical cord in men, women and infants, and the inguinal canal near the groin, most frequently in men.

Inguinal hernias usually show up as lumps near the groin or testicles, and most often appear on the right side.

Men commonly describe the

sensation of an inguinal hernia as feeling as if something “popped” or gave way. The symptoms can also include:

- A bulge a person can see or feel
- Aching pain in the area
- A feeling of pressure
- A tugging sensation of the scrotum around the testicles

Hiatal hernias occur when part of the stomach is pushed up through a hole in the diaphragm.

“Hernias also can occur at the spot where a prior incision for surgery was made,” Bandle said.

“The clearest symptom of a hernia is a new bulge in your abdominal wall.”

However, “many hernias do not produce pain symptoms, and patients often have mild or subtle discomfort or sensations of pressure, or achy, burning discomfort,” Bandle said.

He noted that the bulge often “is only seen or felt when doing strenuous activity or actively increasing intra-abdominal pressure, such as straining to urinate or defecate or working out.”

What are some of the causes of hernias? Increased intra-abdominal pressure over time increases the chances of developing a hernia, Bandle continued. This increased pressure, he added, can come from pregnancy, heavy lifting, chronic coughing, obesity and straining.

Hernias also may develop “later in life, when the muscles weaken or deteriorate due to aging, strenuous physical activity,

after an injury or abdominal surgery or coughing that accompanies smoking,” Bandle said.

On the other hand, they can be congenital, or due to a birth defect.

If an individual thinks he or she has a hernia, Navy Cmdr. (Dr.) Andrew Kung, a general surgeon with the Naval Medical Center-Camp Lejeune in North Carolina, said a person should make an appointment with his or her primary care provider for a routine evaluation. The provider also may choose to prescribe a CT scan or ultrasound, he said.

If an individual has symptoms of a hernia, he or she should be evaluated by a surgeon, Kung said. For active duty service members, “some surgeons will recommend surgical repair of the hernia to prevent issues while deployed,” even if there are no signs of difficulty.

“A more urgent evaluation would be needed if you are unable to push the bulge back in,” Kung said. “This could be a sign of the hernia contents being trapped, or incarcerated. An incarcerated hernia can become strangulated, which means that the blood supply is cut off to the tissue that is trapped. A strangulated hernia can become life threatening if it is not treated by surgery.”

Kung said emergency surgery might be called for, especially if a person has:

- Sudden pain that quickly worsens
- Nausea and/or vomiting
- Fever

- Difficulty having a bowel movement or passing gas
- Bloating or distension of your abdomen
- Red, purple or dark skin over the bulge

The surgeon will push back the herniated tissue inside the intestinal lining and sew up the surrounding muscle. Sometimes, a mesh fabric piece will be used to reinforce the repair.

There are more than 750,000 hernias in the United States that are operated on each year, Bandle said. Worldwide, he noted, it is estimated that more than 20 million hernias are operated on each year.

How can a person prevent a hernia? “You can try to reduce the strain on your abdominal muscles and tissues,” Kung advised. This includes:

- Maintaining a healthy weight
- Eating a balanced high-fiber diet to prevent constipation and straining
- Lifting heavy objects carefully or avoiding heavy lifting
- Quitting or avoiding smoking, which could lead to a chronic cough

“Most hernias will slowly evolve over time,” Bandle said. “There are no clear ways to prevent a natural hernia from forming if your body has an inherent weakness at one of the sites that are prone to hernias. However, you can modify some of the risk factors for hernias, such as obesity, smoking and chronic constipation. Stay fit, don’t smoke, keep hydrated and eat fiber.”



# News Notes

## JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for July 1 at 1 p.m. with host Joint Base Commander Col. David Bowling.

Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Facebook page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil).

## Last week for transportation survey

The joint base wants to know how its force commutes to work. The 406th Army Field Support Brigade Logistics Readiness Center is currently looking at restarting the Myer Flyer. A person's participation in the survey below will help us in determining the best way forward in bringing back the shuttle service. Fill out the survey online at <https://home.army.mil/jbmhh/in-dex.php/transportation-survey>.

## National Mall July 4 update from NPS

The National Park Service will once again host the annual Independence Day fireworks celebration on the National Mall, the nation's most important civic space and home to more than a dozen memorials that commemorate great Americans and significant events in the nation's history. The 17-minute display will be held July 4, starting at 9:09 p.m. and will be launched from both sides of the Lincoln Memorial Reflecting Pool.

Consistent with CDC recommendations, people who are not fully vaccinated must continue to wear masks indoors and in crowded outdoor spaces. Masks are required for everyone on all forms of public transportation. Individuals looking to get COV-ID-19 vaccine can visit [vaccines.gov](https://www.vaccines.gov) to find a location close to them and make an appointment. Individuals can also text their ZIP code to 438829 and get a text with the closest COVID-19 vaccine location.

All of the monuments and memorials along the National Mall are open to welcome visitors Independence Day, with the exception of the Washington Monument. In addition to the National Mall, the fireworks can be seen from other locations in the District and northern Virginia, including President's Park and sites along the George Washington Memorial Parkway. These locations include the U.S. Marine Corps War Memorial and Netherlands Carillon; Columbia Island/Lyndon Baines Johnson Memorial Grove; Gravelly Point, just north of Reagan National Airport and Washington Sailing Marina at Daingerfield Island.

More details for attending the July 4 fireworks display, including

access points along the National Mall, prohibited items and road closures, will be released later this month. Updates on the Independence Day celebration can be found at [www.nps.gov/foju](http://www.nps.gov/foju).

## Capitol Fourth on PBS

The 41st annual broadcast of "A Capitol Fourth" airs on PBS July 4 from 8 to 9:30 p.m. as well as to troops serving around the world on the American Forces Network. The program can also be heard in stereo over NPR member stations nationwide, and will be streaming on Facebook, YouTube and available as video on demand for a limited time only, July 4 to 18.

The program will feature a rendition of Tchaikovsky's "1812 Overture" with the National Symphony Orchestra and Joint Armed Forces Chorus to accompany the fireworks. Also participating are members of the U.S. Army Band "Pershing's Own," the U.S. Army Herald Trumpets, Joint Armed Forces Chorus and Armed Forces Color Guard provided by the Military District of Washington.

## New hours for USO MilFam

The USO continues to support Soldiers, Families, retirees and the joint base community through its MilFam Market, taking place the third Thursday of every month.

Those with base access can continue to pick up nonperishable goods in the Tri Services parking lot across from the community center during the event. Due to the warmer summer weather, the event is now held earlier, from 10:30 to noon. Note that USO may ask voluntary basic demographic questions in order to ensure they know how much food to order for the next month's market.

## Welcome back to bowling center

The JBM-HH Bowling Center is now open at 50% capacity with 10 lanes open for bowling and limited seating for indoor dining, with social distancing protocols in place.

The bowling center grill continues to offer its grab-n-go food service during the center's hours of operations, which are 7 a.m. to 7 p.m. Monday through Thursday and 7 a.m. to 8 p.m. Fridays. The bowling center is not open during weekends at this time.

## Protect information

Individuals should be skeptical of anyone contacting them from the federal government. No agency will call, email or text demanding personal information or money to get a COVID-19 vaccine certificate or passport.

## ASAP training

The Joint Base Myer-Henderson Hall Army Substance Abuse Program is hosting installation level ASAP training on MS Teams July 1 from 10 to 11 a.m.

To attend the training, please visit <https://dod.teams.microsoft.us/1/team/19%3adod%3a4d3b81dc18de4053adbf25af881dcd9%40thread.skype/conversations?groupId=7db31ed5-e060-4ac8-8f7e-4f1f7ff59741&tenantId=fae6d70f-954b-4811-92b6-0530d6f84c43>.

For more information or questions, call George Suber (703) 696-3900.

## Debts owed

Anyone with debts owed to or by the estate of Staff Sgt. Hinojos, Kema. Company C, Troop Command, Walter Reed National Military Medical Center, must contact 1st Lt. Rita Marie Concannon the summary court officer for the Soldier. Hinojos recently passed away June 3. For more information, call Concannon at (610) 945-6384.

## Zembiac Pool

The Zembiac Pool is open for outdoor operations under the following hours: Monday through Friday from 6 a.m. to 7 p.m.; closed weekends and holidays; 15 year old and older open swim all day; 15 and under open swim from 8 a.m. to 5 p.m.. The facility will be open to active duty and Reserve uniformed service members, retirees, their dependents and current DOD/USCG civilians with an approved ID card.

## Drive through services discontinued

The Andrew Rader Pharmacy has discontinued drive through services and has returned to indoor operation. Pharmacy hours of operation remain the same, Monday through Friday from 7:30 a.m. to 3:30 p.m. The entrance to the pharmacy is accessible through the side pharmacy or front clinic doors.

## Education center upcoming events

The JBM-HH Army Education Hub provides many resources and opportunities including career briefings, credentialing assistance and counseling hours. To learn more about the education center, visit <https://home.army.mil/all-services/education-center>.

A counselor hour briefing will be held Wednesday at 11 a.m. with an education counselor who will be able to answer questions about tuition assistance, ArmyIgnitED, credentialing assistance, the GIBill and more. To register, visit [https://docs.google.com/forms/d/e/1FAIpQLScNaZSm-RANj8pH6gKWhXWkPsSK-w0LTrMZUO6GWXPvUxSgYL-JQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScNaZSm-RANj8pH6gKWhXWkPsSK-w0LTrMZUO6GWXPvUxSgYL-JQ/viewform?usp=sf_link).

## Run with the Marines

The 2021 Marine Corps Marathon Weekend will be held live and in-person Oct. 29 to 31 in Arlington, Virginia, and the nation's capital. The 2021 MCM weekend includes the live 46th MCM,

MCM50K and MCM10K Oct. 31, with all three events being offered as virtual options as well between Oct. 1 and Nov. 11. If available, general entries to the live event are available online. Please follow the MCM website at [marinemarathon.com](http://marinemarathon.com) and social media channels for updates. All questions may be directed to [MCMCustomerService@usmc-mccs.org](mailto:MCMCustomerService@usmc-mccs.org).

## Gym hours

All JBM-HH gyms are currently open to DOD ID cardholders with an occupancy limit of 50. The Smith Gym at Henderson Hall has new hours. The Smith Gym operational hours are Monday through Friday from 5 a.m. to 7:30 p.m. and Saturday to Sunday from 8 a.m. to 2 p.m. Smith Gym workouts should do not exceed one hour. Unit training reservations and recreational usage of the facility is prohibited. Locker rooms and showers are open. The H.I.T.T. facility will be closed. Group workouts are prohibited. The Myer Fitness Center hours are Monday through Friday from 5 to 7:30 a.m., 11 a.m. to 1 p.m. and 4 to 6 p.m. and the McNair Fitness Center hours are from 5 to 10 a.m. The locker rooms and sauna are closed at this time.

## AER education assistance for children

The Army Emergency Relief COVID-19 child care assistance program and homeschool/remote learning assistance programs are need-based, 100% grant assistance programs for Soldiers and Army Families affected by the COVID-19 pandemic. Learn more online at the Army Emergency Relief website at <https://www.armyemergencyrelief.org/assistance/>. The programs are need based and Families must be impacted by the COVID-19 pandemic.

## Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.